

**SOUTH DAKOTA
COUNSELING**

ADULT DISCHARGE SUMMARY

Inmate Name: Client, Suzy
Case Number: 08F-001
Start Date: 12/10/2008
Completion Date: 01/10/2009
Counselor: Kay Jones, CCDC III

LEVEL OF CARE:

- Level I - Outpatient Treatment
- Level II.1 – Intensive Outpatient Treatment
- Level II.5 – Partial Hospitalization

REASON FOR ADMISSION:

This client was assessed upon entering the prison system and found to have the diagnosis listed below. The assessment indicated she has experienced significant negative consequences in her life as a result of her drug and alcohol addiction, resulting in the recommendation to complete Intensive Outpatient Treatment.

MAST score: 12 DAST score: 20 SOGS Score: 0

DSM IV DIAGNOSIS AT ADMISSION:

303.90 Alcohol Dependence with Physiological Dependence In a Controlled Environment.
304.30 Cannabis Dependence with Physiological Dependence In a Controlled Environment.
304.40 Amphetamine Dependence with Physiological Dependence In a Controlled Environment.

DSM IV DIAGNOSIS AT DISCHARGE:

303.90 Alcohol Dependence with Physiological Dependence In a Controlled Environment.
304.30 Cannabis Dependence with Physiological Dependence In a Controlled Environment.
304.40 Amphetamine Dependence with Physiological Dependence In a Controlled Environment.

REASON FOR DISCHARGE:

- Successful Completion of the Program
- Did Not Complete the Program
- Neutral Termination from the Program

INDICATORS OF PROGRESS:

- 1. Review of Substance Abuse Education
- 2. Identification of Thinking Barriers and Tactics

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- 3. Review of Chemical Use/ Relapse History
- 4. Review of the 12 Steps of AA/ NA
- 5. Identification of Relapse Warning Signs
- 6. Completion of an Individualized Recovery Plan
- 7. Completion of the Relapse Prevention Workbook

It is appropriate to transfer or discharge the patient from the present level of care if he or she meets the following criteria:

Yes No NA The patient has achieved the goals articulated in his or her individualized treatment plan, thus resolving the problems that justified admission to the present level of care;

or

Yes No NA The patient has been unable to resolve the problems that justified admission to the present level of care, despite amendments to the treatment plan. Treatment at another level of care of type of service therefore is indicated;

or

Yes No NA The patient has demonstrated a lack of capacity to resolve his or her problem (s). Treatment at another level of care or type of service therefore is indicated;

or

Yes No NA The patient has experience an intensification of his or her problems or has developed a new problem and can be treated effectively only at a more intensive level of care.

SUMMARY OF COURSE IN TREATMENT:

Dimension I: Acute Alcohol and/or Other Drug Intoxication and/or Potential Withdrawal:

Problem: NA

Progress/Regress: NA

Dimension II: Biomedical Conditions and Complications:

Problem: NA

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Progress/Regress: NA

Dimension III: Emotional/Behavioral/Cognitive Conditions and Complications:

Problem: NA

Progress/Regress: NA

Dimension IV: Readiness to Change:

Problem: Suzy will address negative emotions and money management leading to her alcohol and drug use.

Progress/Regress: Suzy made progress towards both treatment plan objectives in this dimension. For her first objective, Suzy completed "Negative Emotions" from the Living in Balance series in order to learn to cope with her emotions in a healthy manner without using substances. Suzy reported that when she gets depressed, she becomes impulsive and typically uses substances. She has learned to recognize what she is feeling and knows she needs to pull herself back before making any irrational decisions. Suzy plans to ask others for help, tell herself that she will feel better, and take advice from others instead of closing off. She also has plans to continue counseling.

For objective two, Suzy completed "Money Management" from the Living in Balance series, in order to reduce her financial dependence upon her parents. She created a budget for herself and after looking at her income and expenses, identified that she spends more than she has coming in. Suzy identified areas that she will need to cut back on, but she still feels she will need some assistance in budgeting her money. She is considering filing bankruptcy on her old bills that she doesn't think she will be able to manage.

Dimension V: Relapse/Continued Use or Continued Problem Potential:

Problem: Relapse Prevention

Progress/Regress: Suzy made progress towards this treatment plan objective.

Suzy's objective was to identify her relapse triggers and develop a relapse prevention plan. She completed the "Relapse Symptom Line", "Relapse Triggers", and "Aftercare Plan Components" from the Adult Psychotherapy Homework Planner. Suzy listed her entire relapse history and identified patterns surrounding her multiple relapses. She reported that when feeling intense feelings of any kind she needs to stop, think, ask for help, and talk to someone. Suzy reported plans to follow all parole requirements, be involved in AA, make commitments, follow through, and spend time with her children and family.

Dimension VI: Living Environment:

Problem: Lack of housing, and the financial means to afford housing.

Progress/Regress: Suzy made progress towards this treatment plan objective.

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Suzy's objective was to identify her negative housing situation, leading to her relapse and explore alternative housing options. Suzy completed the "How Safe is my House" workbook, and was accepted to live in a halfway house. She also has contacted her Parole Agent to find suitable housing upon release from the halfway house. Suzy reported that she has never had a stable living environment, other than while incarcerated. She understands that making smart residence decisions will increase her chances of success. She did not want to parole to a halfway house, but does understand it would be a wise decision for her.

PROGNOSIS:

Fair:

Explanation: Suzy participated well in treatment and completed her assignments in a timely manner. She appears to have the desire and motivation to stay clean, but seems to feel overwhelmed by all that it is going to take for her to manage her sobriety. Suzy is going to need a lot of support and will need to keep a close eye on her emotions. She appears overwhelmed by the thought of managing her money and paying her bills; it seems she may benefit from some financial counseling while in the halfway house. It seems relationships with men are a trigger for her. At this time she is in a relationship with a sober man, but the stress of a relationship can still be a relapse trigger. Suzy should maintain close contact with a counselor to allow her to vent her feelings and manage her emotions in order to avoid relapse.

RECOMMENDATIONS:

1. Reside at a Half Way House
2. Complete a Continuing Care Program.
3. Avoid all contact with drinking/using peers.
4. Abstain from the use of alcohol and other drugs.
5. Attend a Twelve Step Program.
6. Continue to use Criminal Thinking Replacements.

Kay Jones, CCDC III

January 10, 2008

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